

# South Carolina WIC Food Guide

Women, Infants and Children (WIC)



Oct. 1, 2008

South Carolina Department of Health  
and Environmental Control

## S.C. WIC-Approved Juices

All juices must be unsweetened and 100 percent juice.  
Only the juices listed below are allowed.

### 46-Ounce Can or Plastic Container

- Any brand juice: orange, grapefruit and pink grapefruit
- Campbell's Healthy Request Tomato Juice and Low Sodium Tomato Juice
- Campbell's V-8 100 percent Vegetable Juice and Low Sodium V-8
- Dole Pineapple Juice
- Nestlé Juicy Juice (any variety)
- Nestlé Juicy Juice Harvest Surprise (any variety)
- Northland Cranberry Blends (no sugar added)
- Seneca Juice: Apple and Grape
- Welch's Juice: White and Purple Grape
- White House Apple Juice

### 46-Ounce Can

- Store brand juice: 100 percent Hawaiian USA Pineapple

### 11.5-12-Ounce Frozen Can

- Any brand juice: orange, grapefruit and pink grapefruit
- Dole Pineapple Juice
- Seneca Juice: Apple and Grape
- Welch's Juice: White Grape Pear, White Grape Peach, White Grape Raspberry, White Grape, Purple Grape, and White Grape Cranberry

### 11.5-12-Ounce Shelf Can

- Nestlé Juicy Juice (*any variety*)
- Welch's 100 percent Juice Pourable Concentrate (*Yellow Band only*): Purple and White Grape, Apple, Fruit Fantastic, Strawberry-Raspberry, Cherry Sensation, Tropical Passion and Wild Berry

### NOT ALLOWED

- Fruit "punch"
- Fruit "drinks"
- Sports drinks (e.g., Gatorade)
- Glass bottles
- Sugar added
- Calcium-fortified juice
- "Infant" or "Baby" juice
- Juice "cocktails"
- Organic juice

## How to use WIC Checks

- Sign the WIC ID card. The persons you list on your application must be the persons who are going to pick up your food, and they must also sign the card. Always take your ID card to the grocery store when you use your checks.
- Note the dates. Don't use the check before the first date or after the last date.
- Separate WIC foods from other groceries.
- Select only the foods listed on the check. WIC checks cannot be used to buy other foods.
- Buy the correct size and amount of foods listed on the check. If you do not want an item, you may leave it off. If you feel that the food ordered is more than you can use, tell someone at the clinic.
- When you check out, the store clerk will fill in the cost of the food and fill in the date.
- Sign your name at the check-out counter after the date and amount are filled in.

If you have a problem with your food, you must talk with someone at the WIC clinic. The store cannot make any changes in your food order.

If you have questions or problems about using WIC checks call, **1-800-922-4406**.

**This institution is an equal opportunity provider.**



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*We promote and protect the health  
of the public and the environment.*

ML-009094 8/08

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# Breakfast Cereals

## National Brand Cereals

### Kellogg's:

- Corn Flakes - 12 oz, 18 oz, 24 oz, 36 oz
- Crispix - 12 oz
- Frosted Mini-Wheats, Bite-Size - 18 oz
- Frosted Mini-Wheats, Original - 18 oz
- Rice Krispies - 12 oz, 18 oz
- Special K - 12 oz, 18 oz

### General Mills:

- Cheerios (plain only) - 18 oz
- Country Corn Flakes - 12 oz
- Kaboom - 9 oz
- Kix (plain only) - 12 oz
- Multi-Grain Cheerios – 9 oz

### Post:

- Grape Nuts Flakes – 18 oz

### Quaker:

- King Vitaman – 12 oz
- Oatmeal Squares (Cinnamon) - 24 oz

## Store Brand Cereals

### Any store brand of the following:

- Corn Flakes – 18 oz

## National Brand Cooked Cereals

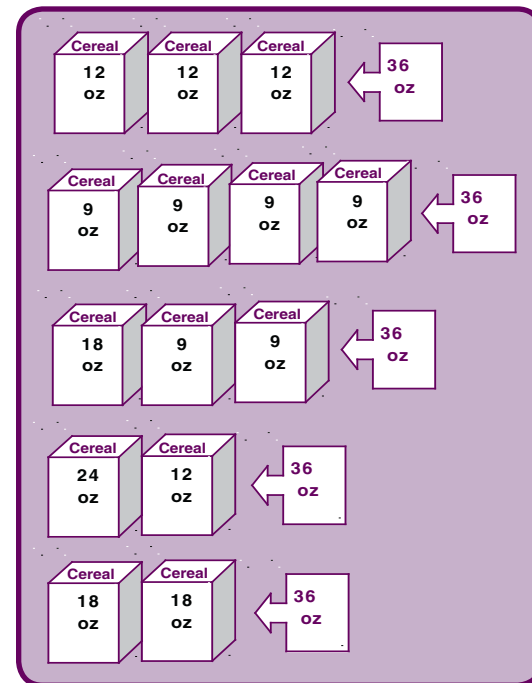
### Nabisco:

- Instant Cream of Wheat (original flavor) -12 oz

### Quaker:

- Instant Grits (original flavor) - 12 oz

**You can buy 1 - 4 boxes of cereal - 9 ounces or larger that add up to 36 ounces total.**



**NOT TO EXCEED THE TOTAL AMOUNT OF OUNCES SPECIFIED ON THE WIC CHECK. MAY BE LESS, IF DESIRED.**

**ONLY CEREALS LISTED ARE ALLOWED.**

S.C. WIC-Approved

# Dairy/Protein Foods

**Milk (fresh, evaporated, and nonfat dry milk): Gallons only - unless another size is stated.**

### Store brand or lowest price

**Not allowed:** chocolate milk, filled milk, soy milk, goat's milk, organic milk, sweetened condensed milk

### Cheese 16 oz (1lb) package only:

#### Any brand of the following:

Block style cheese or sliced cheese, (may be individually wrapped)

- American
- Cheddar
- Colby
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

(Note: Reduced fat, low fat, low cholesterol, low sodium **are** allowed)

**Not allowed:** cheese food, cheese spread, cheese from the store's deli department, string cheese, shredded cheese, cheese crumbles, cheese products and specialty cheese (e.g., with added flavorings such as wines, spices, peppers, nuts), cubed cheese, cheese sticks, cracker cuts or organic cheeses

### Dried Peas, Beans, Lentils (1-pound bag):

Any brand, unflavored single variety.

**If specified:** 8-ounce or 16-ounce canned mature, plain: beans, peas or "baked beans."

**Not allowed:** boxes, frozen or canned green beans, snap beans, yellow beans, wax beans, sweet peas or organic beans/peas or lentils.

### Eggs:

Any brand grade A medium or large, white only.

**Not allowed:** specialty eggs, organic eggs, liquid eggs and brown eggs

### Peanut Butter (18-ounce jar only):

Any brand, smooth only; reduced fat peanut butter allowed.

**Not allowed:** added items such as jelly, chunky peanut butter or peanut butter spread, or organic peanut butter.

## Breastfeeding Women Only

### Tuna (if specified):

Any brand canned tuna; light, dark or blended; chunk, grated, flakes, or solid pack; water or oil-packed; up to 26 ounces

**Not allowed:** resealable packages, albacore (white tuna), organic tuna

### Carrots (if specified):

Any brand of raw, canned or frozen carrots, 1 - or 2 - pound sizes only.

**Not allowed:** baby carrots, organic carrots

### Infant Formula and Cereal Formula:

Only what is listed on the food check

### Infant Cereal:

8 ounces or 16 ounces. BeechNut, Del Monte and Gerber (*only*)

**Not allowed:** added fruit or formula, organic, canister cereals with DHA.